

# What If...

You've broken the law. You've been drinking and you're under 21. Now what?

- Whatever you do, DO NOT attempt to drive yourself home, even if you think you're okay.
- Ask a friend who hasn't had any alcohol to give you a ride. A designated driver is the person who has had NO alcohol.
- If you and all your friends have been drinking, call a parent, older sibling or even a cab. Everyone will be glad you chose the safe way home.

• If you've been drinking at a friend's house, staying where you are is always safer than gambling with your own life and the lives of others.



- See a friend stumbling to their car? Get their keys and find them a safe way home. You could be saving their life.

## Alcohol Poisoning – Knowing the Facts Can Save Lives.

Teenagers are particularly vulnerable to alcohol overdose. If a person drinks too much alcohol, the alcohol will shut down breathing and heart functions and kill a person within a few hours. Binge drinking is especially dangerous because the victim can ingest a fatal dose before becoming unconscious.

### Critical Signs for Alcohol Poisoning:

- Mental confusion, stupor or person cannot be roused
- Vomiting while sleeping
- Seizures
- Slow breathing (less than 8 breaths per minute)
- Irregular breathing (10 seconds or more between breaths)
- Hypothermia (low body temperature), bluish skin color or paleness

### It All Adds Up.

No matter what your drink of choice is (beer, wine or hard liquor) you will be affected.



12 ozs. = 5 ozs.  
of beer            of table wine  
5% alcohol       12% alcohol



= 1.5 ozs.  
whiskey  
80-proof liquor

All of these will put about one-half ounce of alcohol into your system. Keep in mind that some specialty drinks (e.g., Long Island Iced Tea, Zombie and Party Punch) are made with several shots of liquor and are much stronger.

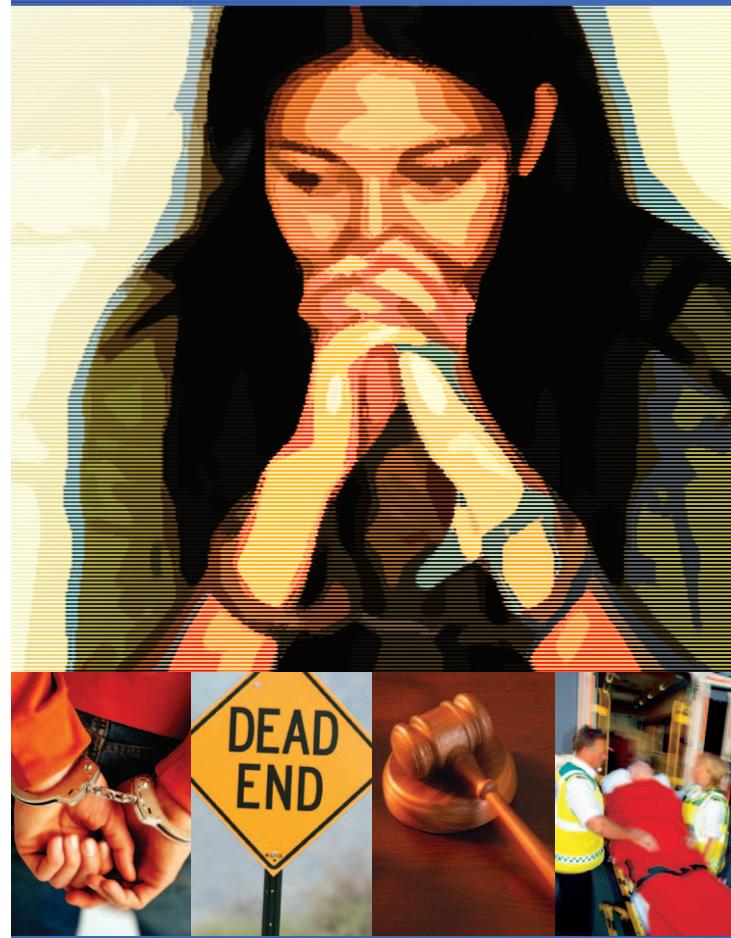


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# wasted lives

## Alcohol & Young Drivers



Missouri Department  
of Transportation

# Think Before You Drink

You've waited a long time to earn your Missouri Driver's License. Until now, you've had to rely on your family for rides to movies, ball games and friends houses – but no more.

## Minor laws, major consequences.

Underage drinking is against the law. It is illegal for anyone under 21 to purchase, possess or consume ANY amount of alcohol. Under Missouri's Zero Tolerance Law your license will be suspended if you're caught driving with even a trace of alcohol in your system – that means less than one drink can put you over the edge.

## You've got too much to lose.

Fines, lawyer fees, higher insurance costs – a DWI can cost you thousands of dollars plus jail time and weekends tied up with community service. You could be kicked off the sports team, possibly kicked out of school, and lose your chance at college or a particular career.

## How alcohol affects you.

Alcohol is a powerful drug, medically classified as a depressant. Even small amounts of alcohol can affect you. Consider these points:

- Alcohol is quickly absorbed into the bloodstream because it doesn't need to be digested.
- Alcohol affects you physically. It's like an anesthetic, slowing your reflexes and affecting your coordination – essentially dulling your brain.
- Alcohol stops you from being on top of your game. It causes drowsiness, slows reaction time, and impairs your vision and judgement.



## Facts to Consider.

Your blood alcohol concentration (BAC) can be influenced by:

- Body weight – the same amount of alcohol will generally have a greater effect on a lighter person than on a heavier person.
- Gender – in general, for two people of the same size and alcohol intake, BAC will be higher in the woman than in the man. This is typically because women have less water in their body and more fat tissue than men.

- Food – the more food you have in your stomach, the slower alcohol is likely to be absorbed.
- How fast one drinks – the faster you drink, the faster you become impaired or intoxicated.

## What does it take to sober up?

Coffee, exercise, fresh air or a cold shower won't do it. Only time will get the alcohol out of your system. And it's longer than you think – to get rid of just one fluid ounce of alcohol takes about one hour. If you go to sleep at 1:00 a.m. with a BAC of .15 percent, it will take more than 10 hours for your BAC to drop back down to .00 percent so if you have to get up early the next morning and drive somewhere, you will still be under the influence of alcohol.



## Legal Drinking Age: Why 21?

The brain goes through dynamic changes during adolescence and alcohol can seriously damage the growth process. A high rate of energy is used until the brain matures at age 20. According to the American Medical Association, damage from alcohol at this time can be long-term and irreversible.